## IN THE CLAIMS:

Please cancel claims 1-24 without prejudice or disclaimer.

Please add new claims 25-30 as follows:

-- 25. A molded shock-absorbing cushion or sports goods, comprising:

a pressurizable cushion having upper and lower sheets of synthetic plastic material each respectively generally residing in an upper and lower plane, said sheets being superimposed and bounding an interior space, said sheets having a common peripheral edge;

a plurality of upper recesses formed in the upper sheet, each upper recess having an open upper end generally located in the plane of the upper sheet, and upper side walls extending away from a respective upper end toward the lower sheet and terminating in a closed lower end;

a plurality of lower recesses formed in the lower sheet, each lower recess having an open lower end generally located in the plane of the lower sheet, and lower side walls extending away from a respective lower end toward the upper sheet and terminating in a closed upper end;

each upper recess being aligned and symmetrical with a respective lower recess, and each closed lower end of a respective upper recess being integral with each closed upper end of a respective lower recess to form a common closed end for each pair of aligned upper and lower recesses, said common closed end being located between the upper and lower sheets and connecting the upper and lower sheets together at each said common closed end;

said interior space of the cushion spacing the upper and lower sheets apart from each other, said spaced apart upper and lower sheets being positioned in respective planes and being free of upstanding projections; and

at least one of said recesses cooperating with said peripheral edge to form a channel working as a connecting means for two separated portions divided by said recess.

- 26. The shock-absorbing cushion as claimed in claim 25, further comprising a foam layer on outer surfaces of the upper and lower sheets.
- 27. The shock-absorbing cushion as claimed in claim 25, further comprising a cover for containing the pressurized cushion,

and means on the cover for fastening the shock-absorbing cushion to sports goods.

- 28. The shock-absorbing cushion as claimed in claim 25, wherein said fluid is selected from a group consisting of air foamed polyurethane, water and oil.
- 29. The shock-absorbing cushion as claimed in claim 25, further comprising an inflating means for pressurization.
- 30. The shock-absorbing cushion as claimed in claim 26, wherein at least one of the surfaces of said foam layer is generally planar. -